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ABSTRACT

Children's experience at home is the largest single factor in whether or not they will have a drug or alcohol problem early in life. The best prevention program for many people at risk is to make sure their addicted family member receives appropriate treatment. Several steps need to take place to enhance the family's role in preventing alcohol or drug addiction. Family environments must be created where it is unacceptable to be drunk or high on drugs. Family members must face the fact that another member has an alcohol problem. Adults must model what they want youth to become. This paper provides suggestions to help communities address substance abuse in families and communities. It contains a list of national organizations, publications, and the names of community leaders with an expertise in parenting. It also contains stories of how some communities have responded to this problem. (Contains 10 resources.) (JDM)

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PARENTS/FAMILIES AND SUBSTANCE ABUSE [1]

Technical Assistance Packet

Join Together:
A National Resource for Communities Fighting Substance Abuse and Gun Violence

www.jointogether.org

April 2000

ED 456 358

Description of the Issue

Parents and family members are important influences in children's lives. Children's experiences at home are the largest single factor in whether or not they will have a drug or alcohol problem early in life. A majority of people in trouble with alcohol or drugs were introduced to them at home. The stress and pain from living in an alcohol- or drug-affected family can lead to the use of substances by other family members. The very best prevention program for many people at risk is to make sure their addicted family member receives appropriate treatment. Several steps need to take place to enhance a family's role in preventing alcohol or drug addiction. First, we must create family environments in which it is not acceptable to be drunk or high on drugs. If a parent, other adult or child has an alcohol or drug problem, someone must have the courage to address it. We must clearly talk to young people about our expectations that they not drink, smoke or take drugs. However, our own behavior is much more influential than our words. Adults must model what they want youth to become. We can join together to address substance abuse in our families and communities.

What follows is a list of national organizations, publications, community leaders with an expertise in parents, and community stories.

National Organizations

National Family Partnership
NFP is designed to lead and support the nation's families and communities to nurture the full potential of healthy, drug-free youth. Materials and information are available.
Informed Families Education Center, 2490 Coral Way, Miami, FL 33145-3449; Tel: 305-856-4173 or 800-705-8997; Eml: informed@frontiernet.net

National Families in Action
National Families in Action is a national drug education, prevention, and policy center designed to help families and communities prevent drug abuse among children by promoting policies based on science. NFA offers information about drug prevention including weblinks to other organizations. Information is also given on the website for families. Materials, resources and their newsletter are available through their catalogue.
Century Plaza II, 2957 Clairmont Road, Suite 150, Atlanta, GA 30329; Tel: 404-248-9676; Fax: 404-248-1312; Eml: nfia@nationalfamilies.org; wwwph1.cc.emory.edu/NFIA/index.html

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Office of National Drug Control Policy – What Parents Need to Know
This website is part of the Prevention and Education section of the ONDCP website. In addition to providing general prevention information, it also provides resources, publications, facts sheets and program models for parents.
Executive Office of the President, 750 17th Street, NW, 8th Floor, Washington, DC 20005; Tel: 202-395-7237; Fax: 202-395-6829; www.whitehousedrugpolicy.gov/prevent/parents.html

Parenting is Prevention Project
The Parenting is Prevention Project is a resource designed to help parents and others learn more about how important parents are in setting their children on a drug-free path. The website has information, tips, chat rooms and weblinks to other organizations designed for parents.
6858 Old Dominion Road, Suite 202, McLean, VA 22101-3832; Tel: 703-448-5729; Fax: 703-448-5738; Eml: pipp@parentingisprevention.org; www.parentingisprevention.org/

Partnership for Drug-Free America
The Partnership for a Drug-Free America focuses on preventing drug use among kids through media communication. Drug prevention information, news and tips are available on their website for parents.
405 Lexington Avenue, 16th Floor, New York, NY 10174; Tel: 212-922-1560; Eml: webmail@drugfree.org; www.drugfreeamerica.org/

PRIDE
PRIDE is an international organization designed to involve high school students in peer and community outreach. The primary goal of PRIDE is to alert youth and the community about drug violence and to promote drug-free living. Materials and trainings are offered.
National Parents' Resource Institute for Drug Education, 3610 Dekalb Technology Parkway, Suite 105, Atlanta, GA 30340; Tel: 770-458-9900; Fax: 770-458-5030; Eml: prideprc@mindspring.com

Publications and How to Order Them

The publications listed here are both free and of modest cost.

- *National PTA Common Sense* - www.pta.org/commonsense/ - Parents can take an active role in lowering their children's risk and helping them grow up alcohol- and drug-free. To help parents learn what they can do, the National PTA and GTE Corporation have created a website: Common Sense: Strategies for Raising Alcohol- and Drug-Free Children.
- *The PRIDE Toolbox: Building a Drug-Free Home* - This resource includes a guidebook, CD and other information to help parents help their teens to stay drug-free. Available from PRIDE, Inc., 3610 DeKalb Technology Parkway, Suite 105, Atlanta, GA 30340; Tel: 770-458-9900
- *Strengthening Families and Protecting Children From Substance Abuse* – This resource is designed for state and local practitioners and focuses on how they can help families support the healthy development of their children. Available from The Northeast Center for the Application of Prevention Technologies, Education Development Center, 55 Chapel Street, Newton, MA 02458-1060; Tel: 888-EDC-CAPT; www.edc.org/capt/

- *Effective Family Strengthening Interventions* – This bulletin focuses on Office of Juvenile Justice Delinquency Prevention Strengthening America's Families Initiative. It summarizes the effectiveness of family intervention programs, behavioral parent training, family therapy, and family skills training. Available from Juvenile Justice Clearinghouse, P.O. Box 6000, Rockville, MD 20849-6000; Tel: 800-638-8736; Fax: 301-519-5212; Eml: askncjrs@ncjrs.org; www.ojjdp.ncjrs.org/pubs/generalsum.html
- *Prevention Research in Parenting and Family Interventions: The Practical Theorist* - This guide is a synthesis of the National Institute on Drug Abuse funded research on parenting and family interventions. Available from Community Anti Drug Coalitions of America; Tel: 703-706-0560; www.cadca.org/resources/cadcapubs.htm
- *Parents Helping Parents - A Guide for Action* - This guide is designed to be a resource for a parent or any group of parents or grandparents interested in helping prevent substance abuse. Available from the Center for Substance Abuse Prevention through the National Clearinghouse at 800-729-6686 or www.health.org
- *Highlighting Adult Involvement in the Lives of Today's Youth* - This implementation guide provides a basic framework for practitioners to create and implement successful programs that affect multiple generations. By highlighting the many ways an adult may positively influence today's young people, prevention programs can increase resilience and protective factors for youth. Available from the Center for Substance Abuse Prevention through the National Clearinghouse at 800-729-6686 or www.health.org
- *Preparing for the Drug Free Years (PDFY)* – This bulletin provides an overview of the PDFY parenting program and summarizes the results of studies of the program. The goal of PDFY is to empower parents of children ages 8-14 to reduce the risks that their children will abuse drugs and alcohol or develop other common adolescent problems. Available from Juvenile Justice Clearinghouse, P.O. Box 6000, Rockville, MD 20849-6000; Tel: 800-638-8736; Fax: 301-519-5212; Eml: askncjrs@ncjrs.org; ojjdp.ncjrs.org/pubs/generalsum.html
- *Resource Guide to Parenting Programs and Training in the Workplace* - This resource guide is designed to provide state-of-the-art information about a variety of workplace based programs and products that parents can use to help combat alcohol, tobacco and drug use among their children. Available from Parenting is Prevention Project, 6858 Old Dominion Road, Suite 202, McLean, VA 22101-3832; Tel: 703-448-5729; Fax: 703-448-5738; www.parentingisprevention.org/
- *Parent Covenant: My Promise.* The Parent Covenant focuses on having parents sign commitments to set positive examples for children. Available from Project Neighborhood, Inc., 1900 Vine Street, Kansas City, MO 64108; Tel: 816-842-8515; Fax: 816-842-5226

National and Community Leaders

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National Parent Networking Office
6858 Old Dominion Drive
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Executive Director
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Fax: 301-468-0987

Community Stories and Program Models

Stories listed below are reprinted from Join Together Online. Similar stories can be found at www.jointogether.org.

Grant Helps Parents Discuss Substance Abuse with Kids

The Robert Wood Johnson Foundation awarded K.I.D.S. a $2.6 million grant over two years, while the Public Relations Society of America (PRSA) and its nonprofit foundation contributed $1 million. The funding will be used to offer the parental training program free of charge and to recruit employers and business groups to offer the training workshops in the workplace and community. The K.I.D.S. project will be tested in five cities: Atlanta, GA; Cleveland, OH; Dallas, TX; Indianapolis, IN; and Portland, OR.

"Research shows that children who learn about the dangers of smoking, drinking and using drugs from their parents are significantly less likely to become abusers. However, most parents don't talk with their kids about substance abuse. The K.I.D.S. program trains parents how to start an on-going dialogue with their preteens about any high-risk behavior." For information, contact Brig Gen Ron Sconyers at kids@prsa.org.

Preparing for the Drug-Free Years (PDFY) is a program is aimed at parents of children in grades 4 through 9 who wish to reduce risks of drug abuse and other behavioral problems. PDFY is designed for use before children begin experimenting with drugs. Its focus is on family relations, family management practices and family conflict resolution. Parents acquire the skills to reduce children's risk factors for drug abuse. They also learn the principles of social development strategies to strengthen family bonding.

PDFY features two volunteer workshop leaders, one of whom is a parent, who deliver the program in five 2-hour sessions or ten 1-hour sessions. Parents learn to increase children's opportunities for family involvement, teach needed skills, and provide reinforcement and consequences for behavior. Discussion topics include: the nature of the problem, reducing risks by strengthening family bonds, conduct of family meetings, fostering of communication, establishing a family position on drugs, reinforcing refusal skills, anger management and creating a parent support network. For information, call 800-736-2630.

The Strengthening Families Program (SFP) was developed in response to a request from drug-abusing parents at a methadone maintenance clinic to help them improve their parenting skills. Since its initial inception in 1983 as a program for mostly white, middle class parents, SFP has been made culturally sensitive for: rural and urban African-American families, Asian/Pacific Islander families, Hispanic families, and low socio-economic status families regardless of race or ethnicity.

SFP provides 13 weekly meetings of 2 to 3 hours in length. Three separate courses are offered: Parent Training, Children's Skills Training and Family Life Skills Training. Parents learn how to gain the child's attention and reinforce positive behavior. They also acquire skill in communication, substance use education, problem solving, setting boundaries and maintenance. Kids learn communication, understanding feelings, social skills, problem solving, resisting peer pressure, substance use issues and rule compliance. Families jointly practice therapeutic child play and conduct weekly meetings to address issues and plan activities. Incentives to participation include transportation, child care and family meals. For more information, call 801-581-8498.